

Health Promotion Resource Guide

Getting Weight Management Program (WMP) follow-up



Getting follow-up is always a challenge.

Following-up with program participants is especially challenging in a military environment due to mission requirements and the mobility of the population. Include the following in a WMP follow-up plan:

Be specific.

- **What** information will be collected? **Who** will collect it? **How** and **when** will it be collected?
- Take advantage of local college/graduate **students** and **intern** resources to assist with follow-up.

HELPFUL HINT: Make it as easy as possible for participants to provide follow-up information.

Plan for short-term AND longer-term follow-up.

- **Be smart** in planning the time frames for collecting follow-up information. Include end-of-program follow-up AND 3-, 6-, and/or 12-month follow-up.
- Avoid the **pitfall** of choosing only one data collection time. You could wind up with no data if something interferes with that one point in time.
- Information will be harder to collect the further out from the end of the program. But, **collecting a little** information is always **better** than collecting no information.
- WMP follow-up is essential when relating program impact to **readiness**, when getting Command **support**, and when justifying a **budget** request.

Look ahead

- Choose **baseline** data with follow-up in mind. Remember, a five-page pre-WMP survey will mean a five-page (or more) post-WMP survey. Consider how likely participants will be to come back.
- Only collect information that will be **meaningful**. Resist the temptation to ask everything.
- **Let participants know** you will be collecting follow-up information. Ask them the method they prefer for follow-up.

Creative follow-up strategies

Don't rely on just one method of following-up with WMP participants. Be creative. Develop several different strategies to collect follow-up information. Some ideas:

- Have participants sign a **contract** promising to provide follow-up information.
- Use **email**, cell phones #'s, unit phone #'s.
- Have a **reunion**: meet for a meal or just provide snacks. Use the opportunity to provide support and a forum for successes. Also collect follow-up information.
- Ask participants to **contact you** at a specific time (i.e., the end of the month).
- Give participants a **stamped envelope** addressed to you.
- Go **to** the Soldiers – at the unit or at the APFT test site.
- Schedule follow-up to **coincide** with another participant appointment at the MTF.
- Put a **box** with a slot in it outside your office.
- **Give** participants **something** when requesting information (i.e., include a recipe in an email asking for follow-up).
- Develop a **relationship** with the 1SGT or another leader in the unit.
- If participants enroll in **another** health promotion program – snag them for follow-up there.
- Divide participants into **teams** – tag the “team leader” to get information to you.

Bottom line

Build follow-up into the WMP. Keep the follow-up simple and structured for best results.

For more Health Promotion Resource Guides, go to <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>.

For more information about the HPPI Program email: hppi_program_info@amedd.army.mil.